Owner's Manual

**Model No.
XT600
XT800**

**•Assembly
•Operation
•Adjustments
•Parts
•Warranty**

SPIRIT

Caution:
**Read and understand
this manual before
operating unit.**

Retain For Future Reference

Table of Contents

ATTENTION-THIS TREADMILL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THAT APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SPIRIT

CONGRATULATIONS ON YOUR NEW TREADMILL!

Thank you for your purchase of this quality treadmill from Flaman Fitness.
Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Flaman Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this treadmill is your administrator for all warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new treadmill.

Name of Dealer_____
Telephone Number of Dealer_____
Purchase Date_____

Product Registration

RECORD YOUR SERIAL NUMBER
Please record the Serial Number of this fitness product in the space provided below.

Serial Number_____

For warranty or service please call your nearest Flaman dealer.

ALBERTA		SASKATCHEWAN	
Edmonton	1-877-352-6263	Saskatoon	1-866-978-1999
Nisku	1-800-352-6264	Regina	(306) 790-9255
Lethbridge	1-888-883-8081	Prince Albert	1-888-352-6267
		Yorkton	1-888-296-2626

IMPORTANT SAFETY INFORMATION
THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY
READ ALL INSTRUCTIONS BEFORE USING THIS TREADMILL

CAUTION: Before starting any exercise program, it is recommended that you consult your physician.
WARNING: Connect this unit to a properly grounded outlet only.
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING
**To reduce the risk of burns, fire, electric shock, or injury to persons**:
1. Use 120 volt a.c. household current on a dedicated circuit.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. See diagram below for grounding methods.

Figure 1.
Grounding methods
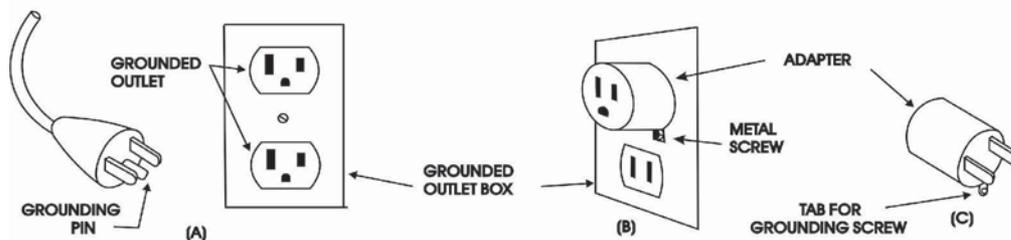
2. The use of an extension cord with this product is not recommended.   If an extension cord is needed, use a short (less than 10 feet) heavy gauge (14 gauge or better) extension cord with a three prong (grounded) plug and receptacle.
3. Never leave the treadmill unattended when plugged in.   Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle.   Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface.   Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill.   Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt.   Always return the treadmill to slow speed to provide for safe dismount and low speed restart.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Use the treadmill only for it's intended use as described in this manual.   Do not use any attachments that are not recommended by the manufacturer.
14. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward.   This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
15. Never hold your breath while exercising.   Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
16. Start your program slowly and very gradually increase your speed and distance.
17. Always wear suitable clothing and footwear while exercising.   Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
18. Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
19. Care must be taken when lifting or moving the equipment, so as not to injure your back.   Always use proper lifting techniques.
20. User weight should not exceed 375lbs.

WARNING: Before beginning any exercise program consult your physician.   This is especially important for individuals over the age of 35 or persons with pre-existing health problems.   Read all instructions before using any fitness equipment.   We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

Safety Precautions

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact your nearest Flaman Fitness. Contact information on page 2.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:
1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once.   CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The treadmill must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. This will help prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
13. User weight should not exceed 375 lbs. (XT600) / 400 lbs. (XT800)

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.

Important Electrical Information

WARNING!

● **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

● **NEVER** remove any cover without first disconnecting AC power.

● If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing. See Diagnosis Guide, page 27.

● **NEVER** expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment.

Grounding Instructions

This product must be grounded. If the treadmill should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Grounded Outlet

Adapter

Metal Screw

Tab of Grounding Screw

Grounding Pin

Grounded Outlet Box
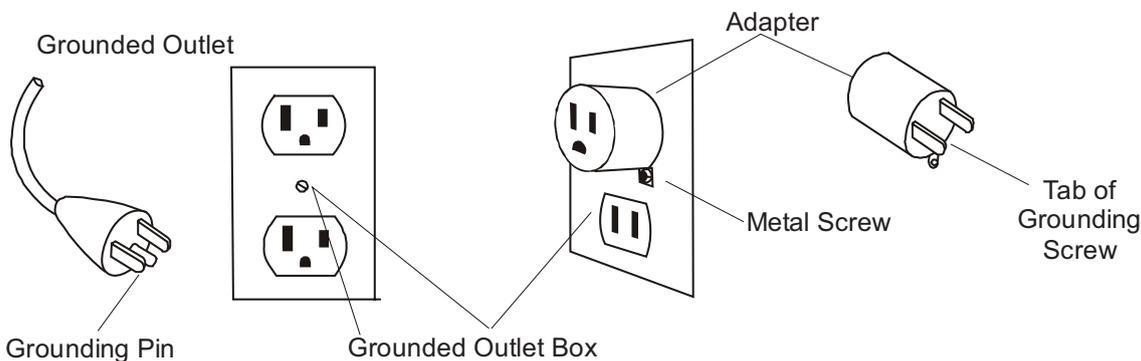
- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the center of the belt; which may result in serious injury.
- **NEVER** mount or dismount the treadmill while the belt is moving. The treadmills start at a very low speed and it is unnecessary to straddle the belt during start up. Simply standing on the belt during slow acceleration is proper after you have learned to operate the unit.
- Always hold on to a handrail or hand bar while making control changes (incline, speed, etc.). Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. Pushing harder is not going to make the unit go faster or slower. If you feel the buttons are not functioning properly with normal pressure contact Flaman Fitness

Safety Tether Cord

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt.
Pulling this safety tether cord will stop tread-belt movement.

To Use:
1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.

2. Fasten the plastic clip onto your clothing securely to assure good holding power.
Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the red Stop / Pause switch in normal operation.

HARDWARE LIST
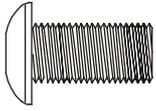
#138. 5/16" x 15m/m
Button Head Bolt (8 pcs)
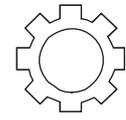
#145. 8m/m
Tooth Washer (4pcs)
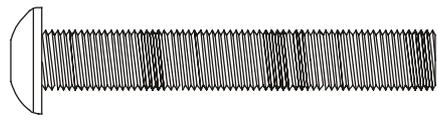
#134. 5/16" x 2"
Button Head Bolt (4pcs)
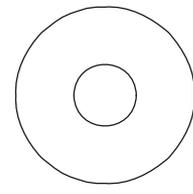
#140. 8 x 23 x 1.5T
Curved Washer (4pcs)
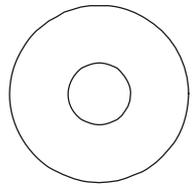
#139. 8 x 23 x 1.5T
Flat Washer (4pcs)
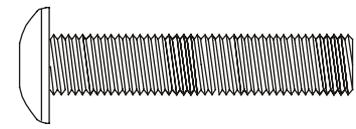
#137. 5/16" x 1-1/2"
Button Head Bolt (2pcs)
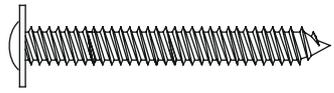
#135. 3.5 x 40m/m
Self Tapping Screw (6 pcs)
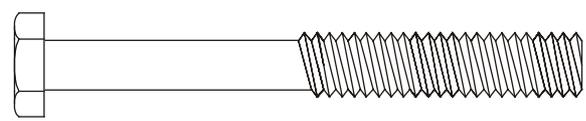
93.5/16" x 2-3/4"
Hex Head Bolt (2pcs)
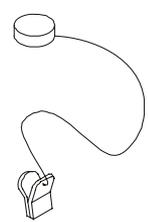
#81.Safety Key (1pc)
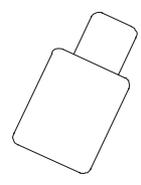
#30.Lubricant (1pc)
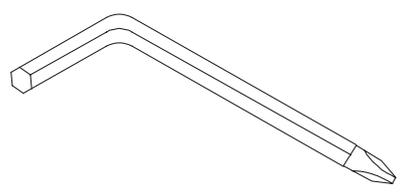
#141. Combination M5 Allen Wrench
& Screw Driver (1 pc)
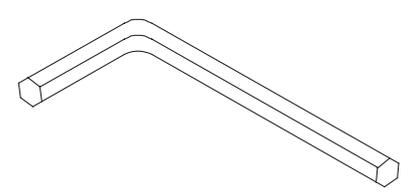
#142.M6 Allen Wrench (1pc)

ASSEMBLY (XT600)
It will take two people to assemble your unit.

STEP 1
Remove all the components from the carton.

STEP 2
Remove the bottom side covers that are pre-assembled on the frame.
Connect the computer extension wire (50) to the lower computer wire (49).
NOTE: Ensure that the wire is safely inserted in the upright to avoid pinching the computer wire.

STEP 3
Insert the right upright (4) into the frame base (2) through the bottom right side cover (64).   Secure the reaming holes with four 5/16" x 15mm button head bolts (138) and one tooth washer (145) on the top hole of the side upright using the combination wrench / screwdriver (141).
Repeat for left side.
HAND TIGHTEN ONLY FOR NOW.

STEP 4
Install the Handgrip Tubes (7A / 7B) into the Left and Right Uprights (4 / 5). Secure using four 5/16" x 2" button head bolts (134) and four curved washers (140) using the Combination M5 Allen Wrench & Screwdriver (141). HAND TIGHTEN ONLY FOR NOW.
Note: the right handgrip tube has the fast and slow button and the left handgrip tube has the up and down button.

STEP 5
Install the inside right handgrip side cover (69) to the console mounting bracket of the right upright (4). Ensure that the wiring is fed through the end of the caps.
Install the inside left handgrip side cover (68) to the console mounting bracket of the left upright (5). Ensure that the wiring is fed through the end of the caps.
Install the console assembly (52) into the mounting brackets of the right and left uprights (4 / 5).
NOTE: Carefully insert the wires inside the console assembly, so that you do not pinch and cut the wires when fastening the console assembly.
Secure the top of the console mounting tube with two hex head bolts 5/16" x 2-3/4" (93) and two flat washers (139) using the combination wrench / screwdriver (141).   Secure the top of the console mounting tube with two 5/16" x 1-1/2" button head bolt (137), two flat washers (139) and two tooth washers (145) using the combination wrench / screwdriver (141).
Connect the computer extension wire (50) to the upper computer extension wire (48).
Connect the speed adj. switch w/cable (56) to the upper speed cable (37).
Connect the incline adj. switch w/cable (57) to the upper incline cable (38).
Install the outside right handgrip side cover (70) to the console mounting bracket of the right upright (4). Secure the handgrip side covers (69 / 70) using three 3.4 x 40mm self tapping screw (135).
Install the outside left handgrip side cover (67) to the console mounting bracket of the left upright (5). Secure the handgrip side covers (67 / 68) using three 3.4 x 40mm self tapping screw (135).
HAND TIGHTEN ONLY FOR NOW.

STEP 6
Secure the bottom right side cover (64) onto the frame base (2). Secure using three 5x16mm tapping screw (120) which you have previously removed.
Repeat for the left upright cover (63).
Attach the two bolt access caps (146) onto the handgrip side caps (67 / 68, 69 / 70).

ENSURE THAT ALL NUTS AND BOLTS ARE NOW FIRMLY TIGHTEN.
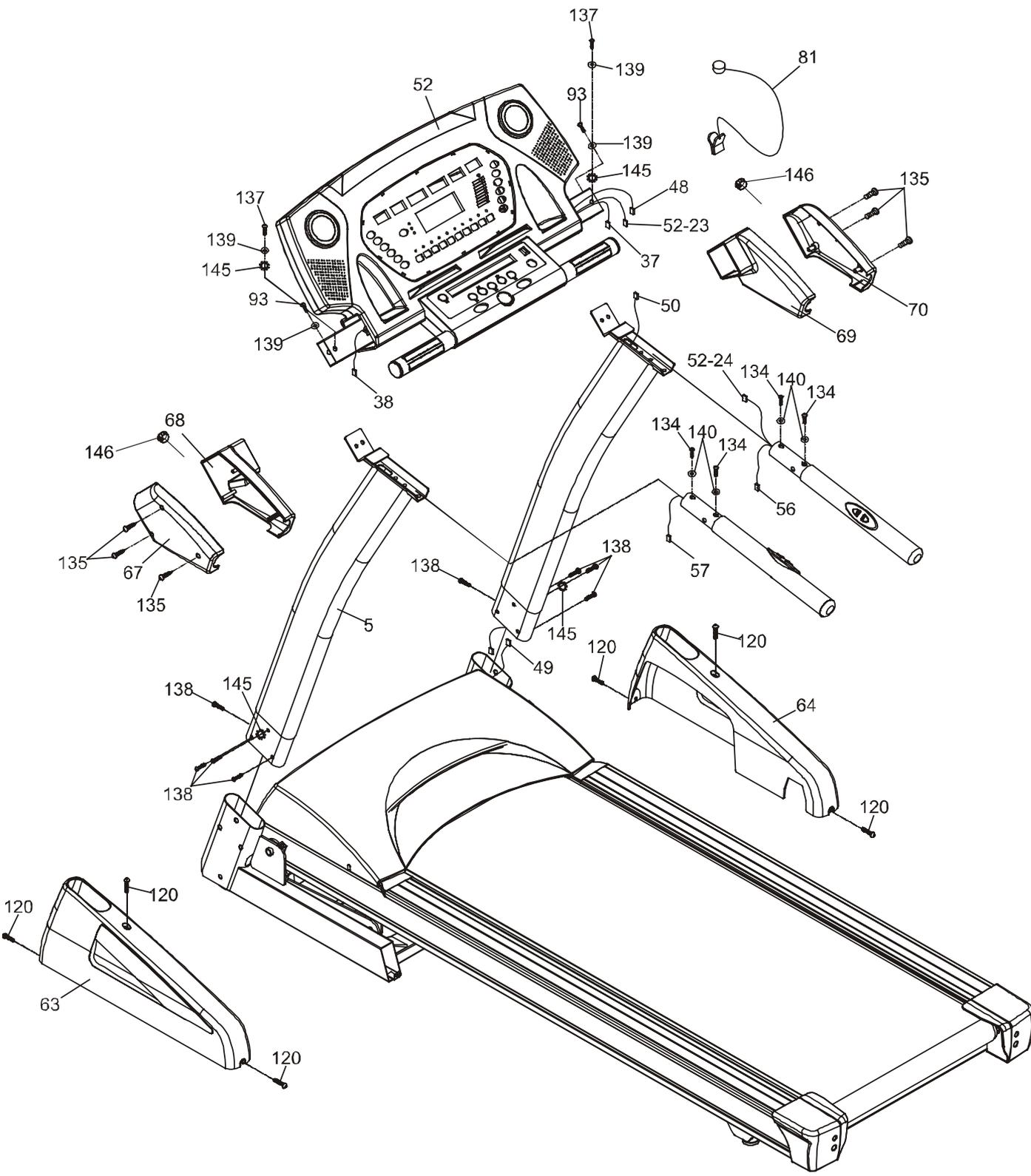
950509PM1320

HARDWARE LIST
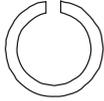
#108.3/8" x 2.0T
Spring Washer (2pcs)
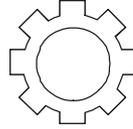
#122. 10m/m
Raised Washer (2pcs)
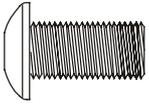
#102. 5/16" x 15m/m Button
Head Socket Screw (6pcs)
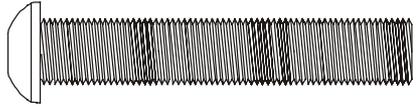
#103. 3/8" x 2" Button
Head Socket Screw (2pcs)
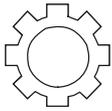
#121. 8m/m
Raised Washer (2pcs)
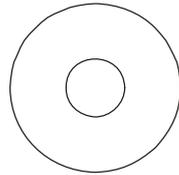
#109. 8 x 23 x 1.5T
Flat Washer (4pcs)
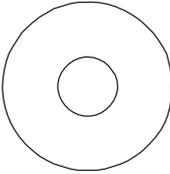
#110. 8 x 23 x 1.5T
Curved Washer (4pcs)
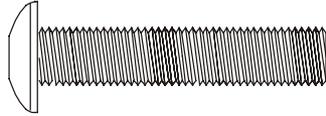
#106. 5/16" x 1-1/2" Button
Head Socket Screw (2pcs)
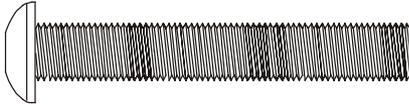
#101. 5/16" x 2" Button
Head Socket Screw (4pcs)

#105.5/16" x 2-3/4"
Hex Head Screw (2pcs)
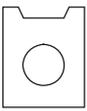
#84. M5
Iron Plate Nut (4 pcs)
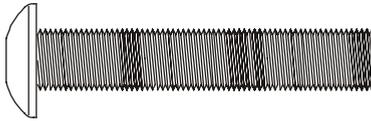
#104. 5/16" x 1-3/4" Button
Head Socket Screw (4pcs)
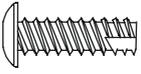
#92. 5 x 16m/m
Tapping Screw (6 pcs)

#87. 5 x 16m/m
Tapping Screw (2 pcs)
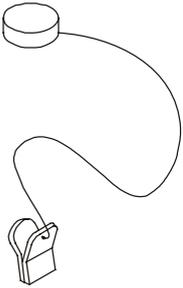
#63.Safety Key (1pc)
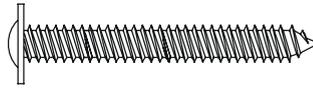
#107. 3.5 x 40m/m
Self Tapping Screw (6 pcs)
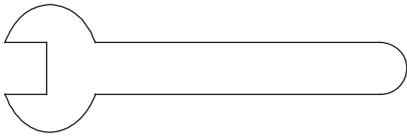
#113. 12m/m Wrench (1 pc)
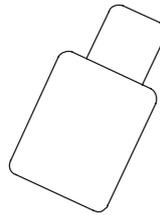
#18.Lubricant (1pc)
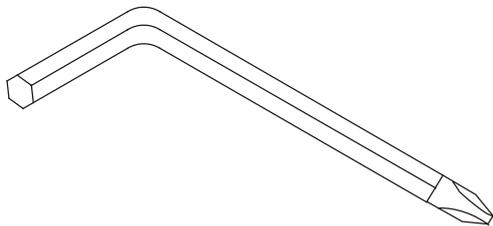
#111. Combination M5 Allen Wrench
& Screwdriver (1 pc)
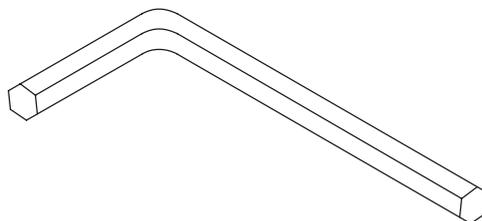
#112.M6 Allen Wrench (1pc)

ASSEMBLY (XT800)

Assembly

Unpack the treadmill and locate the hardware pack. The hardware pack is separated into: one section containing tools and four sections labeled steps 1- 4 which contain the hardware needed for assembly of each step. The assembly steps below are numbered one through four and correspond to the hardware in the numbered sections of the hardware pack. Remove only the hardware for the step you are currently assembling to avoid confusion and mix-ups.

STEP 1

1. Take the Right Handrail (4) and connect the Computer Cable (middle) (33) that exits from the bottom of the tube, with the Computer Cable (lower)(32). Install the Left and Right Handrails into the Left and Right Receiving Tubes of Main Frame (1). **Be careful not to pinch the wire when installing the Handrail.**

2. Install and hand tighten the 2pcs of 3/8" x 2" Button Head Socket Screws (103), 2pcs of 3/8" x 2.0T Spring Washers (108) and 2 pcs of 10 m/m Raised Washers (122) into the top hole on the sides of the L & R Handrails (4,5). Then install and hand tighten the 6pcs of 5/16"x 15m/m Button Head Socket Screws (102) in the remaining holes on the sides and front of the L & R Handrails (4,5) by using the Combination M5 Allen Wrench & Screwdriver (111) and M6 Allen Wrench (112).
   **Do not tighten these screws until assembly is complete.**

STEP 2

1. Install the L & R Handgrip Side Caps (53,54) onto the ends of the console mounting tube. Ensure the Handgrip Side Caps (53,54) are oriented correctly and facing the correct direction (see diagram). Also ensure that the wiring is fed through the Handgrip Side Caps (53,54). Place the console onto the L & R mounting brackets at the top of the Handrails (4,5). Then install and hand tighten the 2 pcs of 5/16" x 2-3/4" Hex Head Screws (105) and   8 x 23 x 1.5T Flat Washers (109) through the hole in the top of the console mounting tube and the 2 pcs of 5/16" x 1-1/2" Button Head Socket Screws (106),   8 x 23 x 1.5T Flat Washers (109) and 2 pcs of 8 m/m Raised Washers (121) by using the Combination M5 Allen Wrench & Screwdriver (111) and 12m/m Wrench (113) through the hole in the front of the console mounting tube.

2. Mount the L&R Handgrip(8A, 8B) onto Handgrip mounting plates at the top of the Handrails (4,5) with 4pcs of 5/16" x 2" Button Head Socket Screws (101) and 4pcs of   8 x 23 x 1.5T Curved Washers(110) by using the Combination M5 Allen Wrench & Screwdriver (111).
   NOTE: The L&R Handgrips (8A, 8B) are different. The Right Handgrip (8A) has two wires and the switches on the handle bar say "Fast and Slow " while the Left Handgrip (8B) say "Up and Down".

STEP 3

1. Install Handpulse Tube (7) onto the inside of the Left and Right Handrails (4,5) with 4pcs of 5/16" x 1-3/4" Button Head Socket Screws(104) and 4pcs of   8 x 23 x 1.5T Curved Washers (110 by using the Combination M5 Allen Wrench & Screwdriver (111)(hand tighten only). Carefully feed the wires on the sides into the center hole in the Handrail and snake them out of the top of the Handrails (4,5).
2. Install the Handrail Support (3) into the Left and Right Handrails (4,5) with 4pcs of 5/16" x 15m/m Button Head Socket Screws (102) by using the Combination M5 Allen Wrench & Screwdriver (111).
3. Tighten all the screws installed in steps 1-3 above.

STEP 4

1. Connect the Computer Cable (upper)(31) with Computer Cable (middle)(33).
   Connect the Speed Cable (upper)(34) with Speed Adjustment Switch W/Cable (38).
   Connect the Incline Cable (upper)(35) with Incline Adjustment Switch W/Cable (39).
   Connect the Handpulse Cable (50-1) with Handpulse W/Cable (50).
   NOTE: There should be 3 connectors on the right side and 2 connectors on the left side.
2. Put the 4pcs of M5 Iron Plate Nuts (84) onto the sides of the motor cover. There are 2 places for the Iron Plate Nuts (84) on either side of the motor cover that look like an upside down "U". They are located on the small lip on the side of the motor cover. Install the L&R Motor Base Caps end caps (40,41) with 2pcs of 5 x 16m/m Tapping Screws (92) and 6pcs of 5 x 16m/m Tapping Screws (87) by using the Combination M5 Allen Wrench & Screwdriver (111).
3. Install the outside pieces of the console end caps with 6pcs of 3.5 x 25m/m Self Tapping Screws (107) by using the Combination M5 Allen Wrench & Screwdriver (111).
   NOTE: Be careful, don't cut the wires.
4. Attach the Beverage Holder (48) onto the Handrail Support (3).
5. Attach the 2 pcs of Bolt Access Caps (126) onto the Handgrip Side Caps.

ENSURE THAT ALL NUTS AND BOLTS ARE NOW FIRMLY TIGHTEN.

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XT600 Folding Instructions

Do not attempt to move the unit unless it is in the folded and locked position. Be sure the power cord is secured to avoid possible damage. Use both handrails to maneuver the unit to the desired position.

■ To Fold The Treadmill:

Make certain the treadmill is at minimum incline. Lift the treadmill running deck until it is secured by the locking telescoping tube assembly in center back of base.

■ To Unfold The Treadmill:

Apply slight forward pressure* on the treadmill running deck with one hand. Pull down on the unlocking lever and slowly lower the running deck to the floor. The deck will lower unassisted when it reaches about waist high.

*At the rear roller area to relieve pressure on the locking system.
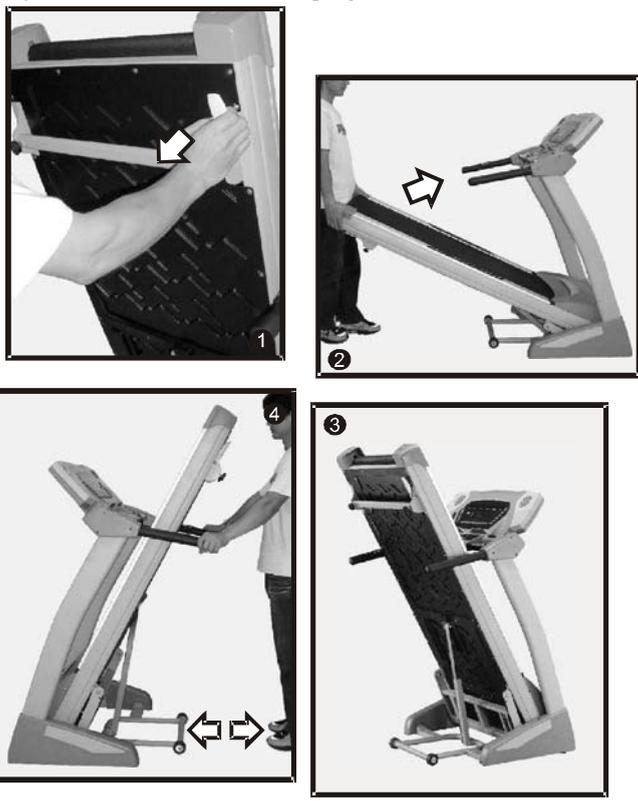
Transportation

■ XT600

The treadmill is equipped with four transport wheels which are engaged when the treadmill is folded. After folding simply roll the treadmill away.

■ XT800

Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.

Operation of Your Treadmill

Getting familiar with the control panel

■ XT600 / XT800 Console

Getting started:
Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the safety key is installed, as the treadmill will not power on without it.

When the power is turned on, all the lights on the display will light for a short time. Then the **Time** and **Distance** windows will display Odometer readings for a short time. The **Time** window will show how many hours the treadmill has been in use and the **Distance** window will show how many miles (or Kilometers if the treadmill is set to metric readings) the treadmill has gone. Then a message will scroll across the message window showing the current software version. The treadmill will then enter idle mode, which is the starting point for operation.

Quick-Start Operation:

STEP 1: Press and release the **Start** key to wake display up **(if not already on).**
Note: Installing the tether key will also wake up the console.

STEP 2: Press and release the **Start** key to **begin belt movement,** at .5 mph, then adjust to the desired speed using the **Fast / Slow** keys (console or hand rail). You may also use the rapid speed keys 2 through 12 to adjust the speed.

STEP 3: To slow tread-belt press and hold the **Slow** key (console or hand rail) to the desired speed. You may also press the rapid speed adjust keys, 2 through 12.

STEP 4: To stop the tread-belt press and release red **Stop** key.

Pause/Stop/Reset Feature:

STEP 1: When the treadmill is running the pause feature may be utilized by pressing the red **Stop** key once. This will slowly decelerate the tread-belt to a stop. The incline will go to zero percent. The Time, Distance and Calorie readings will hold while the unit is in the pause mode. After 5 minutes the display will reset and return to the start up screen.

STEP 2: To resume your exercise, when in Pause mode, press the **Start** key. The speed and incline will return to their previous settings.
- Pause is executed when the **Stop** button is pressed once. If the **Stop** key is pressed a second time, the program will end and a workout summary will be displayed. If the **Stop** button is pressed a third time, the console will return to the idle mode (start up) screen. If the **Stop** button is held down for more than 3 seconds the console will reset.

Incline Feature:
- Incline may be adjusted anytime after belt movement.
- Press and hold the **Adjust** ▲▼ keys (console or hand rail) to achieve desired level of effort. You may also choose a more rapid increase / decrease by selecting desired key, 2 through 12, on left hand side of console (incline).
- The display will indicate incline percent as adjustments are made.
- Incline will remain in it's position when display is turned off.

Dot Matrix Center Display (Manual Operation):

Twenty rows of Red Tri-color "dots"(8 high) indicate each segment of a workout. The dots are only to show an approximate level (speed/incline) of effort. They do not necessarily indicate a specific value - only an approximate percent to compare levels of intensity. In Manual Operation the Speed / Incline dot matrix window will build a profile "picture" as values are changed during a workout. Next to the Dot Matrix window are three LEDs labeled: Track, Speed and Incline, along with a Display button. When the Track LED is lit the Dot matrix displays the Track profile, when the Speed LED is lit the Dot matrix displays the Speed profile and when the Incline LED is lit the Dot Matrix displays the Incline profile. You may change the Dot Matrix profile view by pressing the Display button. After scrolling through the three profiles, by pressing the Display button, the Dot matrix will automatically scroll through the three displays showing each one for four seconds. The LED associated with each profile will blink while that view is displayed. One more press of the Display button will return you to the Track profile.

1/4 Mile Track:

The 1/4 mile track will be displayed around the dot matrix window. The flashing dot indicates your progress. Once the 1/4 mile is complete this feature will begin again.

Pulse Grip Feature:

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors on the front cross bar to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal. You may not use the Grip Pulse feature while in Heart Rate Control.
Note: Refer to Important Safety Instructions (page 2) concerning Pulse Grip operation.

Calorie Display:

Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Auto-Pilot feature

This unique feature allows the user to instantly enter the Heart Rate Control mode at any time with the press of a button.
The HR2 program button also doubles as the Auto-Pilot button.
During any program the user may press the Auto-Pilot button to enter the HRC program. Your current heart rate (the heart rate you are at when you press Auto-Pilot) will be maintained automatically by the Auto-Pilot program. You may press the elevation/incline up or down buttons to change your target heart rate while in the Auto-Pilot mode.

Speakers:

The console has a built-in Speakers. You may Plug an Audio Source (CD player, MP3, Computer etc.) into the Jack on the Left side of console.
There is no volume control on console, volume must be controlled by Audio Source.

To Turn Treadmill Off (Blank out Display):

Two methods accomplish this: Use either one.
(1) Display will automatically turn off (blank out) after 30 minutes (no key operations) in Pause / Stop mode.
(2) Remove tether cord.

Programmable Features

The treadmill offers 7, factory preset programs, 2 user defined programs and one Manual program. Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The maximum speed that the particular program will achieve will be displayed in the Speed window.
Also included are two user programs (User 1 and User 2) for custom workouts.

To Select a Program:
STEP 1: Press the desired **PROGRAM** key. Press enter to select the program. The display will prompt you through the programming or you can just press Start to begin the program with default values.

STEP 2: If enter was pressed, the **Time** window will blink with the default value of 20 minutes. You may use any of the up/down keys to adjust the time. After adjusting, or to accept the default, press enter. (Note: You may press start at any time during the programming to start the program.)

STEP 3: The **Calorie** window will now be blinking a value, which is your **Body Weight**. Entering the correct body weight will affect the calorie count. Use the Up/Down keys to adjust, then press enter.
A note about the **Calorie** display: No exercise machine can give you an exact calorie count because there are too many factors which determine exact calorie burn for a particular person. Even if someone is the exact same body weight, age and height, their calorie burn may be very different than yours. The **Calorie** display is to be used as a reference only to monitor improvement from workout to workout.

STEP 4: The **Heart Rate** window will now be blinking a value, which is your **Age.** Entering your correct age affects the heart rate **Bar Graph Display** and the **Heart Rate Control** programs. Use the Up/Down keys to adjust, then press enter.
Your age determines the maximum heart rate you may achieve. Since the Bar Graph Display and the Heart Rate control features are based on a percentage of your maximum heart rate, it is important to enter the correct age for these features to work properly.

STEP 5: The **Speed** window will now be blinking the preset top speed of the selected program. Use the Up/Down keys to adjust, then press enter. Each program has various speed changes through out, this allows you to limit the highest speed the program can reach.

User Programs:
STEP 1: Select User 1 or User 2 via the **PROGRAM** key then press **Enter**. Note that the dot matrix display portion will have a single row of dots at the bottom (Unless there is a previously stored program).

STEP 2: Note the clock (Time) window is flashing. Use the **Adjust** ▲▼ keys to adjust up from 10 minutes (if desired). Press **ENTER** key. This is a must to continue even if time is not adjusted.

STEP 3: The Calorie window will now be blinking a bodyweight value. Enter your bodyweight and press **Enter.**

STEP 4: The Pulse window will now be blinking an Age value. Adjust the age and press enter.

STEP 5: The first column (segment) will now be blinking. Using the **Fast / Slow** keys, adjust the speed level to your desired effort for the first segment then press enter. The second column will now be blinking. Repeat the above process until all segments have been programmed. The first column will be blinking again. This is for the incline programming. Repeat the above process to program all segments for incline.

STEP 6: Press the **Start** button to begin the workout and also save the program to memory.

Target Heart Rate

● The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their choice of exercise intensity is either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

● To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 - User's Age = Maximum Heart Rate. If you enter your age during programming of the console the console will perform this calculation automatically. This is used for the HR control programs and also for the Heart rate bar graph. After calculating your Maximum Heart Rate, you can decide upon which goal you would like to pursue. The two most popular reasons for, or goals of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart

Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 90% or 70%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Spirit Heart Rate Control treadmills, you may use the heart rate monitor feature without using the Heart Rate Control program. This function can be used during manual mode or during any of the nine different programs. The Heart Rate Control program automatically controls incline.

CAUTION!
The target value used in H-1 and H-2 programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

20
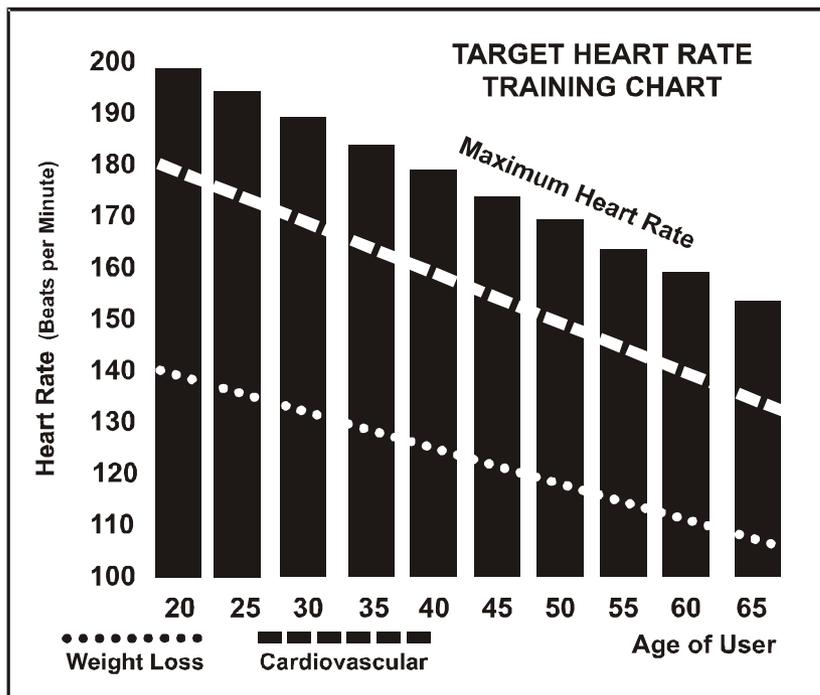
Using a Heart Rate Transmitter

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.

2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.

3. Position the transmitter with the Spirit logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.

4. Position the transmitter immediately below the pectoral muscles.

5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

Erratic Operation:
Caution! **Do not use this treadmill for Heart Rate Control unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.**
Areas to look for on interference:
(1) Treadmill not properly grounded - **A must!**
(2) Microwave ovens, T.V.'s, small appliances, etc.
(3) Fluorescent lights.
(4) Some household security systems.
(5) Perimeter fence for a pet.
(6) Loose treadmill console / upright.

WARNING!
DO NOT USE THE HEART RATE CONTROL PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE TREADMILL'S DISPLAY!
Special Operations of Heart Rate Functions:
All Spirit treadmills that are factory equipped with a Heart Rate Control system have many distinct features both in the Heart Rate Control program and during heart rate monitoring. This section will give you a more detailed background to use your treadmill in the most effective manner.

How the Heart Rate Control Program Works:
Heart Rate Control uses your treadmill's incline system to adjust your heart rate. Increases and decreases in elevation affect heart rate much more efficiently than changes in speed. Additionally, changes in incline keep you in control of the machine's speed instead of the machine controlling you.

Selecting a Heart Rate Control Program:
You have the option, during the setup mode, to choose either the Weight Control (H-1) program or the Cardiovascular (H-2) program. Weight Control attempts to maintain your heart rate at 70% of your Maximum Heart Rate. Cardiovascular attempts to maintain your heart rate at 90% of your Maximum Heart Rate. Your Maximum Heart Rate is based upon a formula that subtracts your age from 220. Your age input is performed during the setup mode.

CAUTION!
The target value used in H-1 and H-2 programs is a suggestion only for normal, healthy individuals. Do not exceed your limits! You may not be able to obtain your chosen target. If in question, enter a higher age value that will set a lower target goal.

Heart Rate Control

CAUTION!
Intended for wireless transmitter chest strap only. Do not use Pulse Grip bar for Heart Rate Control. You must receive a strong / steady value in heart rate window.

STEP 1: Press HR1 or HR2 button.

STEP 2: The Pulse window will be blinking, showing the default HR for this program. You may adjust it and press enter if you want or just press enter to accept the default value.

STEP 3: The Calorie will now be blinking showing bodyweight. Adjust and press enter or press enter to accept default.

STEP 4: The Pulse window will now be blinking showing age. Adjust and press enter or press enter to accept default.

STEP 5: The Time window will now be blinking. Adjust the time and press enter.

STEP 6: Press Start to begin program.

PARTS LIST XT600

KEY NO.	PART NO.	DESCRIPTION	O'TY
1	160001	MAIN FRAME	1
2	160002	FRAME BASE	1
3	160003	INCLINE BRACKET	1
4	160004	RIGHT UPRIGHT	1
5	160005	LEFT UPRIGHT	1
6	160006	CONSOLE SUPPORT	1
7A	160007A	LEFT HANDGRIP TUBE	1
7B	160007B	RIGHT HANDGRIP TUBE	1
8	160008	OUTER SLIDE	1
9	160009	INER SLIDE	1
10	160010	2T LINK	1
11	160011	8 x30L LINK SHAFT	1
12	160012	8 x12.7 x 11.5L SHAFT BUSHING	2
13	160013	2T FASTENING BRACKET	2
14	160014	5 x8 x 25L CLEVIS PIN	1
15	160015	5 x8 x 9L FASTENING BUSHING	1
16	160016	1.0 DUAL ROTA-SPRING	1
17	160017	CLENCHING HANDLE	1
18	160018	CHENCHING ROTA-SPRING	1
19	160019	CYLINDER	1
20	160020	DRIVE BELT	1
21	160021	FRONT ROLLER W/ PULLEY	1
22	160022	REAR ROLLER	1
23	160023	RUNNING DECK	1
24	160024	RUNNING BELT	1
25	160025	HANDGRIP FOAM	2
26	160026	MAGNET	2
27	160027	STEEL ROPE ROTA-SPRING	1
28	160028	WIRE CLAMP	1
29	160029	WIRE TIE MOUNT	6
30	160030	LUBRICANT	1
31	160031	STEEL ROPE	1
32	160032	TOP FRAME COVER	1
33	160033	BOTTOM FRAME COVER	1
34	160034	MOTOR	1
35	160035	INCLINE MOTOR	1
36	160036	CONTROLLER	1
37	160037	SPEED UPPER CABLE 550 m/m	1
38	160038	INCLINE UPPER CABLE 550 m/m	1
39	160039	HANDPULSE ASSEMBLY	1
39~2	160039-2	650 m/m HANDPULSE CABLE	1
39~3	160039-3	TOP HANDPULSE	2
39-4	160039-4	BOTTOM HANDPULSE	2
37~5	160039-5	HANDLE BAR END CAP	2
40	160040	SENSOR W/CABLE	1

KEY NO.	PART NO.	DESCRIPTION	O'TY
41	160041	BREAKER	1
42	160042	POWER SOCKET	1
43	160043	ON / OFF SWITCH	1
44	160044	POWER CORD	1
45	160045	10mm x 764 x 764 CONNECTING CABLE (BLACK)	1
46	160046	300mm x 764 x 764 CONNECTING CABLE (WHITE)	1
47	160047	300mm x 764 x 764 CONNECTING CABLE (BLACK)	1
48	160048	UPPER COMPUTER EXTENSION WIRE 700 m/m	1
49	160049	LOWER COMPUTER WIRE 1200 m/m	1
50	160050	COMPUTER EXTENSION WIRE 1200 m/m	1
51	160051	1000m/m GROUND WIRE	1
52	160052	CONSOLE ASSEMBLY	1
52~1	160052-1	TOP CONSOLE COVER	1
52~2	160052-2	BOTTOM CONSOLE COVER	1
52~3	160052-3	FACE PALTE LEANS	1
52-12	160052-12	FRONT CONSOLE COVER (TOP)	1
52-13	160052-13	FRONT CONSOLE COVER (BOTTOM)	1
52-14	160052-14	DEFLECTOR FAN GRILL	2
52-15	160052-15	FAN GRILL ANCHOR	4
52-16	160052-16	FAN	2
52-17	160052-17	12 x 5.5T_PLASTIC WASHER	6
52-20	160052-20	AUDIO CABLE	1
52-21	160052-21	SPEAKER	2
52-23	160052-23	700m/m RECEIVER CABLE (UPPER)	1
52-24	160052-24	500m/m RECEIVER CABLE (LOWER)	1
52-32	160052-32	FAN SWITCH	1
53	160053	FRONT MOTOR COVER	1
54	160054	TOP MOTOR COVER	1
55	160055	TOP MOTOR COVER PLATE	1
56	160056	SPEED ADJUSTMENT SWITCH W/CABLE	1
57	160057	INCLINE ADJUSTMENT SWITCH W/CABLE	1
58	160058	M8 x 30 x 35 CUSHION	6
59	160059	WHEEL (A)	2
60	160060	WHEEL (B)	2
61	160061	FOOT RAIL (ALUMINUM)	2
62	160062	38 m/m BUTTON HEAD END CAP	2
63	160063	BOTTOM SIDE COVER (L)	1
64	160064	BOTTOM SIDE COVER (R)	1
65	160065	PLASTIC PLATE OF BOTTOM SIDE COVER (L)	1
66	160066	PLASTIC PLATE OF BOTTOM SIDE COVER (R)	1
67	160067	LEFT HANDGRIP SIDE COVER (L)	1
68	160068	LEFT HANDGRIP SIDE COVER (R)	1
69	160069	RIGHT HANDGRIP SIDE COVER (L)	1
70	160070	RIGHT HANDGRIP SIDE COVER (R)	1
71	160071	REAR ADJUSTMENT END CAP (L)	1
72	160072	REAR ADJUSTMENT END CAP (R)	1
73	160073	FRONT FOOT RAIL END CAP (L)	1
74	160074	FRONT FOOT RAIL END CAP (R)	1

KEY NO.	PART NO.	DESCRIPTION	O'TY
75	160075	MOTOR COVER ANCHOR	2
76	160076	10 x 24 x 3T_NYLON WASHER (A)	2
77	160077	50 x 13 x 3T_NYLON WASHER (B)	4
78	160078	30 x 3/8"_FOOT PAD	2
79	160079	NON-SLIP RUBBER (L)	1
80	160080	NON-SLIP RUBBER (R)	1
81	160081	SAFETY KEY	1
82	160082	BELT GUIDE	2
83	160083	14 x 10 x 35_WHEEL SLEEVE	2
84	160084	SENSOR RACK	1
85	160085	1/2" x 1-1/4"_CARRIAGE BOLT	2
86	160086	1/2" x 1"_ HEX HEAD BOLT	2
87	160087	3/8" x 4-1/2"_SOCKET HEAD CAP BOLT	1
88	160088	3/8" x 3-3/4"_HEX HEAD BOLT	1
89	160089	3/8" x 1-1/2"_HEX HEAD BOLT	1
90	160090	3/8" x 1"_HEX HEAD BOLT	4
91	160091	3/8" x 2"_THUMB HEAD BOLT	2
92	160092	5/16" x 1"_BUTTON HEAD BOLT	2
93	160093	5/16" x 2-3/4"_BUTTON HEAD BOLT	4
94	160094	M8 x 60m/m_ HEX HEAD BOLT	1
95	160095	M8 x 80m/m_SOCKET HEAD CAP BOLT	2
96	160096	M8 x 35m/m_FLAT HEAD COUNTERSINK SCREW	8
97	160097	M3 x 10m/m_TAPPING SCREW	1
98	160098	M5 x 15m/m_TAPPING SCREW	1
99	160099	5/16" x 42 m/m_ BUTTON HEAD BOLT	1
100	1600100	1/2" x 8T_NYLON NUT	4
101	1600101	3/8" x 7T_NYLON NUT	4
102	1600102	5/16" x 6T_NYLON NUT	3
103	1600103	M8 x 8T_NYLON NUT	1
104	1600104	35 x 5/16" x 1.5T_ FLAT WASHER	2
105	1600105	25 x 10 x 1.5T_FLAT WASHER	4
106	1600106	19 x 10 x 1.5T_FLAT WASHER	4
107	1600107	5 x 10 x 1.0T_FLAT WASHER	2
108	1600108	5/16" x 18 x 1.5T_FLAT WASHER	1
109	1600109	5 x 12 x 1.0T_FLAT WASHER	1
110	1600110	6 x 23 x 13 x 5.5T x 3T NYLON WASHER	4
111	1600111	M5_ NYLON NUT	1
112	1600112	6.5 x 25 x 1.5T x 2.5H_CONCAVE WASHER	4
113	1600113	10m/m_SPRING WASHER	4
114	1600114	M3_SPRING WASHER	1
115	1600115	M5_TOOTH WASHER	5
116	1600116	4x12m/m_SELF TAPPING SCREW	4

KEY NO.	PART NO.	DESCRIPTION	O'TY
117	1600117	5x16m/m_TAPPING SCREW	59
118	1600118	5x19m/m_TAPPING SCREW	1
119	1600119	3.5x12mm_SELF TAPPING SCREW	16
120	1600120	5 x 16m/m_TAPPING SCREW	11
122	1600122	4 x 14 x 1.0T_ FLAT WASHER	6
123	1600123	3.5x25 m/m_ SELF TAPPING SCREW	3
124	1600124	3x10 m/m_ TAPPING SCREW	4
125	1600125	4x38m/m_SELF TAPPING SCREW	2
126	1600126	3.5 x 16 m/m_ TAPPING SCREW	6
127	1600127	3 x 10 m/m_ SELF TAPPING SCREW	2
128	1600128	3/8" x 6.5T_NUT	3
129	1600129	M3_NUT	1
130	1600130	3.5 x 32m/m_SELF TAPPING SCREW	10
131	1600131	M5_IRON PLATE NUT	6
133	1600132	3x 8m/m_SELF TAPPING SCREW	10
134	1600134	5/16" x 2"_BUTTON HEAD SOCKET SCREW	4
135	1600135	3.5x40 m/m_ SELF TAPPING SCREW	6
137	1600137	5/16" x 1-1/2"_BUTTON HEAD BOLT	2
138	1600138	5/16" x 15m/m_BUTTON HEAD BOLT	8
139	1600139	8 x 23 x 1.5T_FLAT WASHER	4
140	1600140	8 x 23 x 1.5T_CURVED WASHER	4
141	1600141	COMBINATION M5 ALLEN WRENCH & SCREWDRIVER	1
142	1600142	M6 ALLEN WRENCH	1
144	1600144	3.5x 6m/m_SELF TAPPING SCREW	2
145	1600145	8m/m_ TOOTH WASHER	4
146	1600146	BOLT ACCESS CAP	2

PARTS DIAGRAM XT600
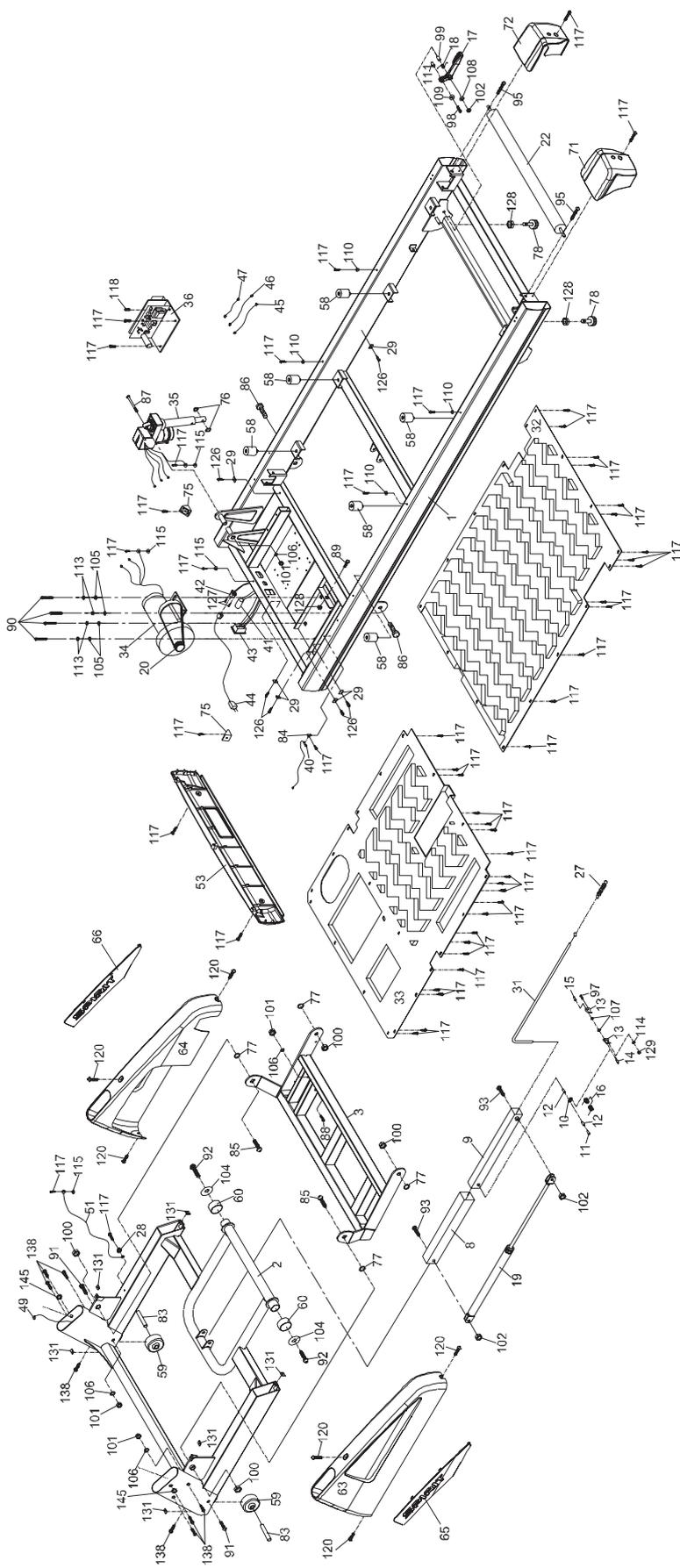
PARTS LIST XT800

KEY NO.	PART NO.	DESCRIPTION	O'TY
1	180001	MAIN FRAME	1
2	180002	INCLINE BRACKET	1
3	180003	HANDRAIL SUPPORT	1
4	180004	RIGHT HANDRAIL	1
5	180005	LEFT HANDRAIL	1
6	180006	CONSOLE SUPPORT	1
7	180007	HANDPULSE TUBE	1
8A	180008A	RIGHT HANDGRIP	1
8B	180008B	LEFT HANDGRIP	1
9	180009	DECK CROSS BRACE	1
10	180010	FRONT ROLLER W/ PULLEY	1
11	180011	REAR ROLLER	1
12	180012	RUNNING DECK	1
13	180013	RUNNING BELT	1
14	180014	HANDGRIP FOAM	2
15	180015	NON-SLIP RUBBER (L)	1
16	180016	NON-SLIP RUBBER (R)	1
17	180017	WIRE TIE MOUNT	5
18	180018	LUBRICANT	1
19	180019	TOP FRAME COVER	1
20	180020	MOTOR	1
21	180021	INCLINE MOTOR	1
22	180022	CONTROLLER	1
23	180023	SENSOR W/CABLE	1
24	180024	BREAKER	1
25	180025	POWER SOCKET	1
26	180026	ON / OFF SWITCH	1
27	180027	POWER CORD	1
28	180028	100mm x 764 x 764 CONNECTING CABLE (BLACK)	1
29	180029	150mm x 764 x 764CONNECTING CABLE (WHITE)	1
30	180030	150mm x 764 x 764 CONNECTING CABLE (BLACK)	1
31	180031	700 m/m COMPUTER CABLE (UPPER)	1
32	180032	700m/m COMPUTER CABLE (LOWER)	1
33	180033	1200 m/m COMPUTER CABLE (MIDDLE)	1
34	180034	550 m/m SPEED CABLE (UPPER)	1
35	180035	550 m/m INCLINE CABLE (UPPER)	1
36	180036	DRIVE BELT	1
37	180037	CONSOLE	1
37~1	180037-1	TOP CONSOLE COVER	1
37~2	180037-2	BOTTOM CONSOLE COVER	1
37~3	180037-3	FACE PALTE LEANS	1
37~12	180037-12	FRONT CONSOLE COVER (TOP)	1
37~13	180037-13	FRONT CONSOLE COVER (BOTTOM)	1
37~14	180037-14	DEFLECTOR FAN GRILL	2
37~15	180037-15	FAN GRILL ANCHOR	4
37~16	180037-16	FAN	2
37~17	180037-17	ROUND END CAP	2

KEY NO.	PART NO.	DESCRIPTION	O'TY
37~18	180037-18	PLASTIC WASHER	6
37~19	180037-19	AUDIO CABLE	1
37~20	180037-20	SPEAKER	2
37~21	180037-21	700m/m RECEIVER CABLE (UPPER)	1
37~22	180037-22	500m/m RECEIVER CABLE (LOWER)	1
37~30	180037-30	FAN SWITCH	1
38	180038	SPEED ADJUSTMENT SWITCH W/CABLE	1
39	180039	INCLINE ADJUSTMENT SWITCH W/CABLE	1
40	180040	MOTOR BASE CAP (L)	1
41	180041	MOTOR BASE CAP (R)	1
42	180042	MAGNET	2
43	180043	M8 x 30 x 35 CUSHION	6
44	180044	81 x35 WHEEL	4
45	180045	TOP MOTOR COVER	1
46	180046	MOTOR COVER ANCHOR	2
47	180047	FOOT RAIL	2
48	180048	BEVERAGE HOLDER	1
49	180049	38m/m BUTTON HEAD END CAP	2
50	180050	HANDPULSE	2
50~1	180050-1	650 m/m HANDPULSE CABLE	1
50~2	180050-2	HANDPULSE ASSEMBLY TOP	2
50~3	180050-3	HANDPULSE ASSEMBLY BOTTOM	2
51	180051	FRAME FRONT COVER	1
52	180052	LEFT HANDGRIP SIDE CAP (L)	1
53	180053	LEFT HANDGRIP SIDE CAP (R)	1
54	180054	RIGHT HANDGRIP SIDE CAP (L)	1
55	180055	RIGHT HANDGRIP SIDE CAP (R)	1
56	180056	□25x50 SQUARE END CAP	4
58	180058	24 x 10 x 3T NYLON WASHER (A)	2
59	180059	50 x 13 x 3T NYLON WASHER (B)	4
60	180060	38 x 3/8" FOOT PAD	2
61	180061	REAR ADJUSTMENT BASE (L)	1
62	180062	REAR ADJUSTMENT BASE (R)	1
63	180063	SAFETY KEY	1
64	180064	BELT GUIDE	2
65	180065	1/2" x 57m/m HEX HEAD SCREW	2
66	180066	3/8" x 4-1/2" SOCKET HEAD CAP SCREW	1
67	180067	3/8" x 4" SOCKET HEAD CAP SCREW	1
68	180068	3/8" x 1-3/4" HEX HEAD SCREW	1
69	180069	M8 x 60m/m SOCKET HEAD CAP SCREW	1
70	180070	M8 x 80m/m SOCKET HEAD CAP SCREW	2
71	180071	M8 x 55m/m FLAT HEAD COUNTERSINK SCREW	2
72	180072	M8 x 35m/m FLAT HEAD COUNTERSINK SCREW	6
73	180073	3/8" x 3/4" BUTTON HEAD SOCKET SCREW	4
74	180074	3/8" x 1" HEX HEAD SCREW	4
75	180075	1/2" x 15T NYLON NUT	2
76	180076	3/8" x 7T NYLON NUT	2
77	180077	M8 NYLON NUT	1

| KEY NO.	PART NO.	DESCRIPTION	O'TY
78	180078	19 x 10 x 1.5T FLAT WASHER	6
79	180079	25 x 10 x 1.5T FLAT WASHER	4
80	180080	4 x 14 x 1T FLAT WASHER	6
81	180081	3x8 m/m SELF TAPPING SCREW	10
82	180082	M5 RAISED WASHER	4
83	180083	5 x 25 x 1.5T x5.8H CONCAVE WASHER	6
84	180084	M5 IRON PLATE NUT	6
85	180085	10 x1.5T SPRING WASHER	4
86	180086	5 x19 m/m TAPPING SCREW	1
87	180087	5 x16 m/m TAPPING SCREW	35
88	180088	4x12 m/m SELF TAPPING SCREW	4
89	180089	3.5x12 m/m SELF TAPPING SCREW	16
90	180090	3.5x32 m/m SELF TAPPING SCREW	10
91	180091	6.5 x 25 x 1.5T x 2.5H CONCAVE WASHER	2
92	180092	5x16 m/m TAPPING SCREW	11
93	180093	3x20 m/m TAPPING SCREW	4
94	180094	4x38 m/m SELF TAPPING SCREW	2
95	180095	3x10 m/m SELF TAPPING SCREW	2
96	180096	3.5 x16m/m TAPPING SCREW	5
97	180097	3.5 x25m/m SELF TAPPING SCREW	3
98	180098	3/8" NUT	3
99	180099	2.3x6 m/m SELF TAPPING SCREW	43
100	1800100	SENSOR RACK	1
101	1800101	5/16" x 2" BUTTON HEAD SOCKET SCREW	4
102	1800102	5/16" x 15m/m BUTTON HEAD SOCKET SCREW	10
103	1800103	3/8" x 2" BUTTON HEAD SOCKET SCREW	2
104	1800104	5/16" x 1-3/4" BUTTON HEAD SOCKET SCREW	4
105	1800105	5/16" x 2-3/4" HEX HEAD SCREW	2
106	1800106	5/16" x 1-1/2" BUTTON HEAD SOCKET SCREW	2
107	1800107	3.5 x 40m/m SELF TAPPING SCREW	6
108	1800108	3/8" x 2T SPRING WASHER	2
109	1800109	8 x 23 x 1.5T SPRING WASHER	4
110	1800110	8 x 23 x 1.5T CURVE WASHER	8
111	1800111	COMBINATION M5 ALLEN WRENCH & SCREWDRIVER	1
112	1800112	M6 ALLEN WRENCH	1
113	1800113	12m/m WRENCH	1
114	1800114	1" x 440 m/m x 5T FOAM (A)	1
115	1800115	1" x 360 m/m x 5T FOAM (B)	2
116	1800116	MOTOR FAN	1
117	1800117	M4 x 35m/m TAPPING SCREW	2
118	1800118	M4 x 5T NYLON NUT	2
119	1800119	1" ROUND END CAP	2
120	1800120	5 x 10 x 1T FLAT WASHER	6
121	1800121	8 RAISED WASHER	2
122	1800122	10 RAISED WASHER	2
123	1800123	BOLT ACCESS CAP	2
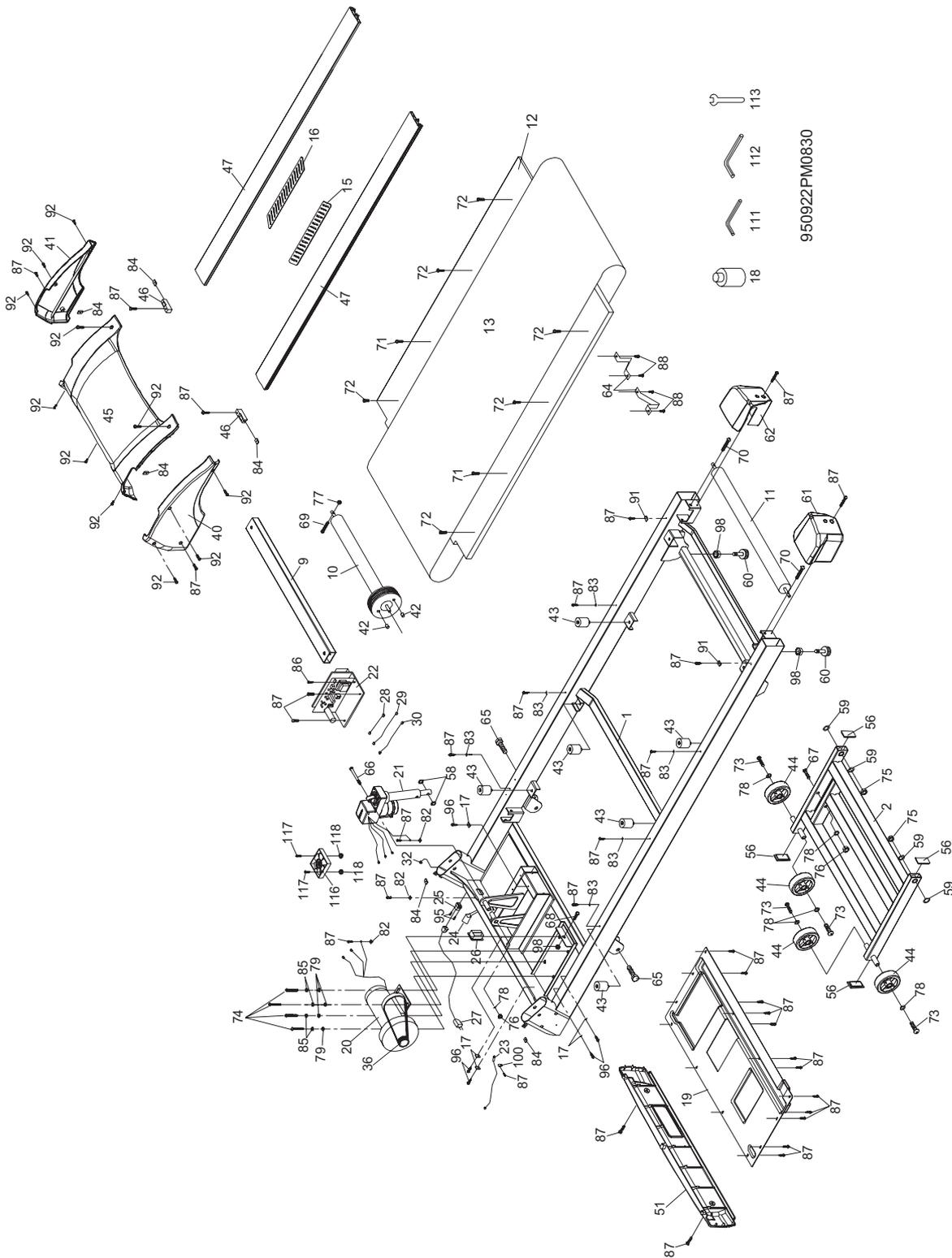
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General Maintenance

Belt and Bed - Your treadmill uses a very high-efficient low-friction bed. Performance is maximized when the bed is kept as clean as possible. Use a soft, damp cloth or paper towel to wipe the edge of the belt and the area between the belt edge and frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and bed life. Use water only - no cleaners or abrasives. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. **Allow to dry before using.**
Belt Dust - This occurs during normal break-in or until the belt stabilizes. Wiping excess off with a damp cloth will minimize buildup.
General Cleaning - Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. On a monthly basis, vacuum underneath your treadmill to prevent buildup. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate. UNPLUG POWER CORD BEFORE THIS TASK.

BELT ADJUSTMENTS:
Treadbelt Tension Adjustment - Belt tension is not critical for most users. It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right side of the rear roller in order to adjust tension with the 6 mm Allen wrench provided in the parts package. The adjustment bolt is located at the end of the right side rail as noted in diagram below.

Tracking / Tension Adjustment

Tracking / Tension Adjustment
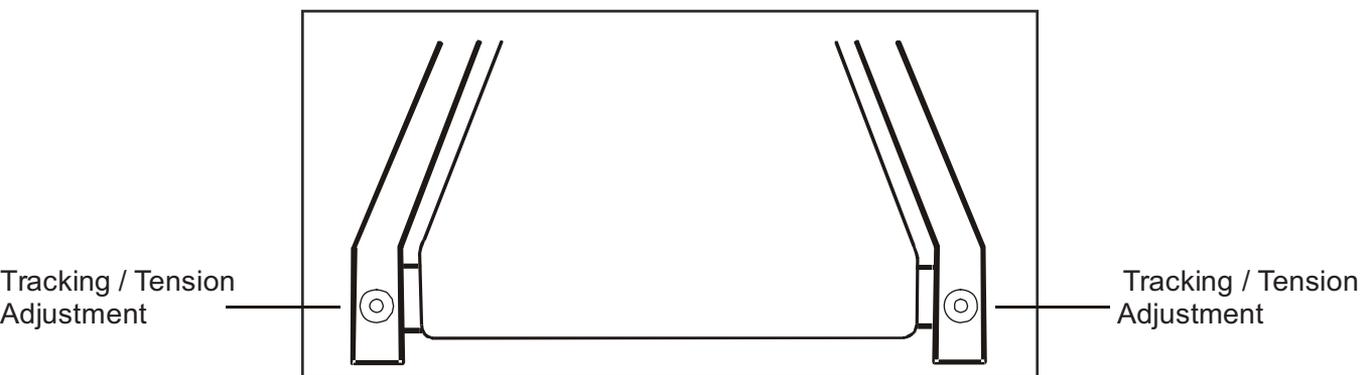
Note: Adjustment is through small hole in end

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the treadbelt tension adjusting bolt in increments of 1/4 turn and inspect for proper tension.
When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension. This is accomplished by turning right and left tension and tracking Allen bolts an equal amount. This adjusment should be made by turning both bolts clockwise by no more than a 1/4 turn at a time.
DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure.

TREADBELT TRACKING ADJUSTMENT:

The performance of your treadmill is dependent on the frame running on a reasonably level surface. If the frame is not level, the front and back roller cannot run parallel, and constant belt adjustment may be necessary.

The treadmill is designed to keep the treadbelt reasonably centered while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the treadbelt should have a tendency to center itself. If, during use, the belt continues to move toward one side, adjustments are necessary.

TO SET TREADBELT TRACKING:

A 6 mm Allen wrench is provided to adjust the rear roller. Make tracking adjustments from the **left** side only. Set belt speed at approximately 2 to 3 mph. A small adjustment can make a dramatic difference. Turn the bolt clockwise a 1/4 turn and wait a few minutes for the belt to adjust itself. Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users will affect tracking differently. Expect to make adjustments as required to center the treadbelt.
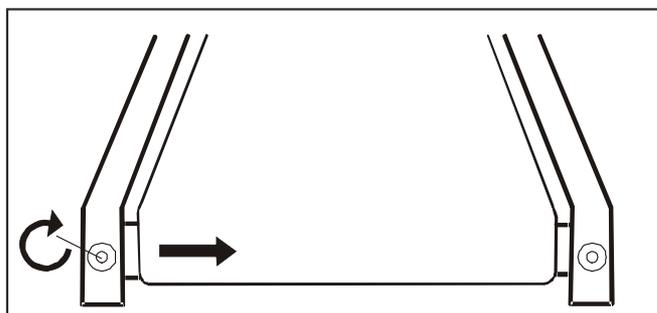
Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:
DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE SPIRIT WARRANTY.

BELT / DECK LUBRICATION: Use Progression Fitness Treadmill Lubricant every 30 hours or once a month. For optimal performance, the walking board may require periodic lubrication. It is recommended that every 30 days or after 30 hours of operation, you check the board surface. Simply raise the sides of the walking belt and rub your hand on the board surface as far under the belt as you can reach. If your hand shows signs of silicone, it does not need additional lubrication. If, however, the board feels dry and there is very little evidence of silicone on your hand, additional lubrication should be added.

TO LUBRICATE THE WALKING BOARD:
•Stop walking belt so belt seam is located on top and in the center of the walking board.
•Insert nozzle into spray head of lubricant can.
•Lift walking belt.
•Position nozzle between the belt and board approximately 8" from the front of the treadmill.
•Apply the silicone from the front to the rear of the treadmill on each side of the treadmill. Try to reach the spray as far under the belt as possible. The spraying time should be approximately 4 seconds for each side.
•Allow the silicone to dry for approximately 1 minute before using the treadmill.
 Spray time should not exceed 4 seconds per side.

Service Checklist - Diagnosis Guide

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	SOLUTION/CAUSE
Display does not light	Tether cord not in position. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. Plug is disconnected. Make sure plug is firmly pushed into AC household wall outlet. Household circuit breaker may be tripped. Treadmill defect. Contact Flaman Fitness.
Treadbelt does not stay centered **Treadmill belt hesitates when walked/run on**	A user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See General Maintenance section on Treadbelt Tension. Adjust as necessary.
Motor is not responsive / Display is lit	Make certain clock is running.
Treadmill will only achieve approximately 7 mph but shows higher speed on display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension
Treadbelt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on lubrication.
Treadmill trips on board 15 amp circuit	High belt/deck friction. See General maintenance
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill is not grounded. Static electricity is crashing" the computer. Refer to Grounding Instructions on page 4

WARRANTY

CANADIAN WARRANTY
Warranties may vary in other countries

Flaman Fitness extends the following exclusive, limited warranty of the Spirit ET600/ET800 treadmills, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

FRAME - Lifetime
Flaman Fitness warrants the Frame against defects in workmanship and materials for lifetime, as long as it remains in the possession of the original owner.

ELECTRONICS & PARTS - 5 Years
Flaman Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of five years from the date of original purchase, as long as the device remains in the possession of the original owner. Note: One year warranty on the slide wheels.

LABOR - 2 Years
Flaman Fitness shall cover the labor cost for the repair of the device for a period of two years from the date of original purchase, as long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY
The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to two years. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area must be brought back to the store you purchased the elliptical from.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear.

Flaman Fitness expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.